

# Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Spikenard (root). . . . .	450 mg. . . . .	†
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\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Plant Cellulose (Vcaps®).

**Suggested Use:** As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

**WARNING:** Not to be used during pregnancy.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

Keep in a cool dry place with cap tightly closed.

**Spikenard Root** was originally used by a number of Native American groups, including the Cherokees, Shawness, and the Micmacs. Today, this Ginseng relative is commonly used as a respiratory tonic and a traditional blood purifier. This versatile root also promotes healthy skin and helps cleanse the system.\*

## Common uses include:

- Supports respiratory function\*
- Promotes healthy skin\*
- Helps cleanse the system\*
- Supports joint health\*
- Herbal tonic\*
- Promotes physical vitality\*

**Vcaps®** is a registered trademark of Capsugel.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

